

Project Self-Sufficiency NEWSLETTER

July—August 2024

127 Mill Street, Newton, NJ 07860 * 973-940-3500 *
pss@projectselfsufficiency.org * www.projectselfsufficiency.org

The Agency will be closed July 4 & 5, 2024

Office Skills Training Program for Women Rediscover Yourself—Summer Office Skills



Boost your confidence, brush up on your computer skills, get help with your resume and resume and interviewing, receive on-the-job experience at a community work site, and more!

Starts July 9th—Submit Your Application Today!

“Bridges” Helps Young Adults, 18—24 Pregnant & Parenting Young Adults

- ⇒ Monthly Stipend for Attendance
- ⇒ Individualized Training & Counseling Support
- ⇒ Free Childcare & Transportation
- ⇒ Food Pantry, Diapers & Baby Essentials
- ⇒ Help with Career Goals
- ⇒ Financial Literacy Training
- ⇒ Parenting Skills
- ⇒ Driver's License Education



Tuesdays & Thursdays, 10:00 a.m.—noon
4-Week Segments, July 2—30 & August 1—29

Parenting Skills Programs

ACT & “Triple P”—Positive Parenting Program

Address anger management and learn about child development and positive parenting strategies by attending virtual and in-person seminars, support groups, and workshops. Offered online and at Project Self-Sufficiency. **Check inside for details!**

Summer Youth Employment Program Teens Get Paid Work Experience & More!

A limited number of positions will be available in the Summer Youth Employment Program during July and August. Rising high school sophomores and juniors will receive paid employability skills instruction and on-the-job training. Eligibility guidelines include family income, transportation status, current enrollment in high school, and other factors. Free transportation to and from Project Self-Sufficiency will be provided to participants; use of the transportation program, interviews, and references from high school staff members are required. Those who have previously participated in the Summer Youth Employment Program are ineligible. Space is limited; call 973-940-3500 for application information.



Monday—Thursday, July 9—August 8, 9am—4pm

Back-to-School Fair

Kids Activities & Helpful Information for Parents

Get ready for a successful school year by attending the annual Back-to-School Fair! Haircuts, break-out sessions, backpacks, kids' activities, community resources for parents and families.

Offering two separate events this year for your convenience— advance registration is required. Contact your case manager today.

August 15th, 10:00 a.m.—2:00 p.m. & 3:00—7:00 p.m.

New Jersey Youth Corps Enrolling Now

Get College Credits While You Work Towards Your Diploma!

Did you know that you can get **THREE college credits** from Sussex County Community College while you work towards your high school diploma with Project Self-Sufficiency's New Jersey Youth Corps program? High school drop outs from Sussex & Warren counties, ages 16—25, can get high school equivalency and employment skills training, work experience through community service, and more. **Starts July 8th!**



**Don't Miss Project Vacation,
July 15—19, 9am—noon!**

Goings On at Project Self-Sufficiency

Adverse Childhood Experiences

Join us for a discussion of the issues surrounding Positive & Adverse Childhood Experiences at Project Self-Sufficiency!

Intensive ACES education—Impact on the Brain—Information, Educational Videos, Peer-to-Peer Interaction— Tips and Strategies for Building Resiliency— Featured Trauma Expert Presenters and Topics

Appropriate for parents and providers raising and teaching school-aged children. Advance registration encouraged.



Presentations in English & Spanish!
Call 973-940-3500 to sign up.

English
July 16, 2pm
(Zoom)

Español
17 de Julio, 2pm
(Zoom)

PACEs Stakeholder Group Meeting

Thursday, July 11, 11:00 a.m.—*in person*

Understanding ACEs

Parents, Caregivers, Community Providers

Learn how adversity affects health and well-being throughout life. Discuss brain development, community core protective systems capacity, and the importance of attachment and belonging.

Wednesday, July 31, 2:00 p.m.—*via Zoom*

Help for Expectant & New Parents

Explore the range of family support services at Project Self-Sufficiency! Get free parenting tips, baby items, information about childhood health, and other topics from certified nurses or professional family support workers. Services for mother and child help boost literacy levels, address health issues, and highlight potential developmental delays. Women who are pregnant or parenting infants, as well as those with children up to the age of three are eligible.

Available to income-eligible residents of Sussex, Hunterdon and northern Warren counties.

Learn about Car Seat Safety!

Safety Tips for Your Child

Representatives from the New Jersey Department of Children & Families will visit Project Self-Sufficiency to instruct families about the latest car seat regulations. Get helpful tips about securing your child in the car!

Wednesday, July 10th, 10am—2pm



Project Self-Sufficiency The Food & Journey *Opportunity on the Move*

PSS Journey & The Food Project are on the Road!

Help with career development, food, and other assistance!

Franklin, 10am—2pm

July 11, 25;
August 15, 29

**Hackettstown,
9:30am—3:30pm**

July 9, 30**;
August 13**, 27

Hopatcong, 10am—2pm

July 10, 24;
August 14, 28

Netcong, 10am—2pm

July 2, 16, 30*
(*10am—noon);
August 20

Vernon, 10am—2pm

July 3, 17, 31;
August 21

****Mommy Parties,**

12—2pm, in Hackettstown!

Look for us at the Fair, August 2—10!

Support Group for Fathers

“Dads & Dinner”—Tools to Build a Solid Fatherhood

Dads need help, too! Join Project Self-Sufficiency’s Matt Berke and get tips on juggling fatherhood, jobs, and relationships from others in similar circumstances.



**Tuesdays,
6:00 p.m.,**

**July 2, 9,
16, 23, 30;
August 6,
13, 20, 27**

Project Vacation: “What Will I Be When I Grow Up? Jobs in Our Community!”

Kids Ages 4—10

Activities, games, crafts, and special guest presentations will help children explore the varied career options available in our ever-changing world. Space is limited; registration required.

July 15—19, 9:00 a.m.—noon



Project Self-Sufficiency offers three evidence-based home visitation programs tailored to meet the needs of low-income parents. Factors such as residency, pregnancy and the age and number of children, help determine which program is best suited for the parents' needs.

Home Visits Help Parents of Young Children

Women who are pregnant or parenting a young child can receive regular consultations from a nurse or certified family support worker via online video platforms, phone, or in a safe setting at home or in a public place through one of the three Home Visitation Programs offered by Project Self-Sufficiency in Sussex, Warren and Hunterdon counties. The visiting professionals provide support, education and counseling on health, behavioral and self-sufficiency issues.

To find out more about the home visitation programs at Project Self-Sufficiency, call 973-940-3500.



Low-income, first-time mothers are paired with a nurse who visits them throughout the pregnancy and up until the child's second birthday. **Serving Sussex, Warren and Hunterdon counties.**



For expectant parents and parents of infants. Participation in this program can count toward Work First New Jersey required activities. **Serving Sussex and Northern Warren County.**



Parents as Teachers.

For those who are pregnant or parenting an infant or toddler. Using the nationally acclaimed Parents as Teachers™ curriculum. **Serving Sussex and Hunterdon counties.**

Mommy Parties!

Meet other women like you! Get the latest information about household safety, parenting, health and wellness, and other topics. Enjoy fun activities and crafts with your child!



Project Self-Sufficiency	Journey In Hackettstown
July 10, noon August 14, noon	July 30, noon August 13, noon

Parenting Programs Helps Parents, Educators "Triple P" Addresses Behavior Issues, Stress, & More

Learn practical strategies to address disobedience, mealtime and bedtime strategies, toilet-training, and other topics while reducing stress and building confidence.

"ACT" Targets Anger Management & Discipline

Understand behavior, learn effective anger management and positive discipline. Class completion certificate available.

One-on-One Coaching also Available for Parents!



*Connecting NJ is a network of partners and agencies dedicated to helping New Jersey families thrive. We provide mothers, fathers, grandparents, and guardians free or affordable access to people, organizations, and other sources of information needed to raise healthy children, such as home visiting programs, NJ Family Care and more. **We connect New Jersey families - moms, dads, newborns, teens, young adults, and grandparents - with the best health and social resources available in our community.***

Project Sussex Kids

Sussex County Council for Young Children

Steering Committee & PACES Stakeholder Group Meeting

Thursday, July 11, 11:00 a.m.

General Council Meeting

Wednesday, September 18, 11:00 a.m.

Applications accepted on our websites!

Visit www.projectsselfsufficiency.org or www.projectsussexkids.org for more information.



Parenting Workshops & Discussion Groups	
Getting Teenagers to Cooperate (Triple P)	July 9, 7:00 p.m.—Via Zoom
Power of Positive Parenting (Triple P)	July 11, 5:00 p.m.—In Person
Managing Fighting & Aggression (Triple P)	July 16, 7:00 p.m.—Via Zoom
Raising Resilient Children (Triple P)	July 18, 5:00 p.m.—In Person
Reducing Family Conflict with Teens (Triple P)	July 23, 7:00 p.m.—Via Zoom
Raising Confident, Competent Children (Triple P)	July 25, 5:00 p.m.—In Person
Coping with Teenagers' Emotions (Triple P)	August 6, 7:00 p.m.—Via Zoom
Hassle Free Shopping with Children Discussion Group (Triple P)	August 8, 5:00 p.m.—In Person August 13, 7:00 p.m.—Via Zoom
Dealing with Disobedience Discussion Group (Triple P)	July 2, 7:00 p.m.—Via Zoom August 22, 5:00 p.m.—In Person
Hassle Free Mealtimes with Children Discussion Group (Triple P)	July 30, 7:00 p.m.—Via Zoom August 29, 5:00 p.m.—In Person
Building Teenagers' Survival Skills/ Risk Reduction Strategies (Triple P)	August 20, 7:00 p.m.—Via Zoom
Developing Good Bedtime Routines Discussion Group (Triple P)	September 4, 5:00 p.m.—In Person
ACT Parenting Class	Tuesdays, through August 13, 6:00 p.m.—Via Zoom

Attend SIX Parenting Sessions & Receive a \$50 Gift Card!

What's Happening at the Journey Family Success Center?



Helping all families find their path to success! For more information, visit www.journeyfsc.org.

Virtual programs are open to the public— Call 973-940-3500 for log-in information.

Motivation Monday—Via Zoom

Learn how to stay positive, get help with anxiety, stress, loneliness, self-esteem, and more.

Mondays, 2:00 p.m.

- The Myth of Winning July 1
Making the Middle Memorable July 8
How to Self-Advocate July 15
Overcoming Regret July 22
Cultivating Mindfulness July 29
Improving Your Productivity August 5
Recognizing Your Progress August 12
The Power of Silence August 19
Developing Emotional Intelligence August 26



Ages & Stages Information Session—Via Zoom

Discuss developmental milestones for your young child and learn how to access an online tool to connect with resources for support.

Thursdays, July 18 & August 29, 3:00 p.m.

Health Equity—Via Zoom

A Community Health Worker will explain how factors like socio-economic status and ethnicity can impact your health and result in healthcare disparities. Learn how to advocate for yourself and your family.

Thursdays, July 11 & August 22, 3:00 p.m.

Breast Cancer Support Group—Via Zoom

Breast cancer survivors are invited to share their stories, discuss coping strategies, and gain insights in a supportive setting.

Tuesdays, July 9 & August 13, 2:00 p.m.

Father's Support Group—In Person

Facing challenges as a dad? Get helpful tips for coping and meet other fathers in similar circumstances at a support group designed just for you!

Tuesdays, July 2, 9, 16, 23, 30; August 6, 13, 20, 27, 6:00 p.m.

Women's Support Group—Via Zoom

Get tips on coping, time management, and meeting everyday challenges, and share your experiences with others in similar situations.

Mondays, July 1, 15; August 5, 19, 7:00 p.m.

Workforce Wednesday with Career Center Staff—Via Zoom

Learn how to build a resume; discuss interview skills; address on-the-job issues and workplace topics with Career Center staff.

Wednesdays, 1:00 p.m.

- Resumes & Cover Letters July 3, August 7
Job Searching July 10, August 14
Interviewing Skills July 17, August 21
First Day on the Job July 24, August 28
Linked In July 31

Parents' Support Group—Via Zoom

Gain insights, share frustrations and success stories with other parents.

Wednesdays, July 10, 24; August 14, 28, 7:00 p.m.

Enough Abuse Workshops—Via Zoom

Teens and adults can learn to recognize and prevent abuse and increase awareness of safe practices for potential victims. Offered by the Enough Abuse Campaign, a cooperative effort of Prevent Child Abuse New Jersey, Project Self-Sufficiency and the Sussex Warren Partnership to Prevent Child Sexual Abuse.

Wednesdays, July 24 & August 28, 3:00 p.m.



Get the whole family ready for the new school year by attending the annual Back-to-School Fair at Project Self-Sufficiency!

- Attend workshops designed to address issues important to you and your family.
Haircuts, school supplies, backpacks, sneakers, and more.

Daytime Session: 10:00 a.m.—2:00 p.m.

Afternoon Session: 3:00—7:00 p.m.

Contact your case manager to register!

Connect with Project Self-Sufficiency & Get on Track for Success!

Links to Success

Meet Case Managers, learn about current PSS programs, and start laying the groundwork towards your goals at this informative presentation. Required before enrolling in Career Foundations or Foundations for Personal Success.

Mondays, 12:00 p.m.
Thursdays, 1:00 p.m.

Career Foundations

Begin your journey towards finding meaningful employment with Career Assessments, Goal Setting, and Introduction to Computer Skills. Meet with Career Center staff to map out your next step to employment or education.

Two week sessions,
Tuesdays & Thursdays, 10:00 am—noon

Foundations for Personal Success

Focus on interpersonal skills such as stress management, effective communication, establishing healthy relationships, nutrition, social media, and other topics.

Two week sessions,
Tuesdays & Thursdays, 1:00—3:00 p.m.

What's Happening at the Career Center?

Weekly Career Seminars—in person or online!

Contact Project Self-Sufficiency for log-in information.

Individual appointments available following each seminar

Resumes & Cover Letters ... Work on your resume and cover letter with our Career Center staff! Get feedback about writing style, content, and more!

Mondays, 1:00 p.m.

July 1, 8, 15, 22, 29; August 5, 12, 19, 26

Job Searching ... Learn how to conduct a productive job search using a variety of resources.

Tuesdays, 1:00 p.m.

July 2, 9, 16, 23, 30; August 6, 13, 20, 27

Workforce Wednesday/Job Club Support Group

Use this group to boost your reach! Review current leads for employment, get feedback from other job seekers, discuss the process and get support. Occasional guest speakers, too!

Wednesdays, 1:00 p.m.

July 3, 10, 17, 24, 31; August 7, 14, 21, 28

Networking & Social Media ... Maximize your job search by creating a Linked In profile, managing your professional identity on social media, and building a professional network.

Thursdays, 1:00 p.m.

July 11, 18, 25; August 1, 8, 22, 29

Financial Management ... Discuss smart strategies for advancing your career. Learn how to create a budget and stick to it!

Fridays, 11:00 a.m.

July 12, 19, 26; August 2, 9, 16, 23, 30

Open Employment Lab ... Meet with Career Center staff in person or on Zoom to work on individual career needs: Build your resume, review your cover letter, participate in a mock interview, and get help with your computer skills.

Campus 2 Campus

Campus 2 Campus is a partnership between PSS and Sussex County Community College designed to help non-traditional students take the next step towards college and a career. Offered during Open Lab.

Basic Skills Testing—Scholarship Information—Test Anxiety Support—Budget-Friendly Childcare—Application & Financial Aid Forms—Campus Tours—& More!

Mondays & Wednesdays, 2:00—4:00 p.m. or by appointment.

July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31; August 5, 7, 12, 14, 19, 21, 26, 28

Mock Interviews ... Meet with Career Center staff over Zoom to participate in a practice, virtual interview.

By appointment only.

Call to discuss your preference for in-person or Zoom meeting.



Computer Classes

Microsoft PowerPoint & Outlook ... Create custom slide shows and sophisticated presentations. Manage emails, contacts, tasks, calendars, group scheduling, and to-do lists.

Tuesdays & Thursdays, 10:00 a.m.—Noon

July 9, 11, 16, 18, 23, 25, 30—**In Person**

Microsoft Word ... Learn word-processing, create professional-looking letters, newsletters, and other documents. Use mail merge features to print mailing labels and address letters to multiple recipients.

Tuesdays & Thursdays, 10:00 a.m.—Noon

August 6, 8, 13, 20, 22, 27, 29—**In Person**

Office Skills Training Program for Women

Return to the Workforce with Confidence!

The **Summer Office Skills (SOS)** Program combines computer skills training with classroom instruction and on-the-job experience. Women who have been out of the workforce or underemployed are prepared to seek entry-level office administrative positions.

Tuesdays & Thursdays, 9:30 a.m.—3:00 p.m., starts July 9th

Contact Your Case Manager to Apply for the July Session!

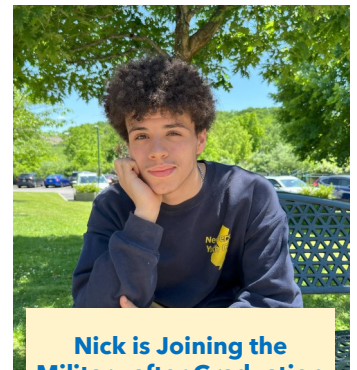
New Jersey Youth Corps

Get a High School Diploma!

Registration for the next session of the New Jersey Youth Corps is underway. Teens and adults, ages 16—25, who have not completed high school are moving forward with high school equivalency instruction, vocational training, community service, and receiving THREE college credits. **New Jersey Youth Corps graduates are eligible to receive up to \$7,500 towards expenses for tuition, fees, and equipment needed for continuing education!**

Next Session Starts July 8!

Refer a student and be eligible for a \$100 gift card!



Bridges to Employing Youth

Get on Track to Success!

Pregnant and parenting young adults, ages 18—24, can help with:

Identifying Career Paths—Parenting Skills—Career Training & Employability Skills—Case Management & Counseling—Transportation & Childcare—Driver's Education

Tuesdays & Thursdays, 10am—noon



Other Project Self-Sufficiency Programs & Services

Free Legal Assistance & Education

Private Phone Consultations with an Attorney



Project Self-Sufficiency provides **FREE** legal assistance through our partnership with the IOLTA Fund of the Bar of New Jersey. PSS's Legal Assistance Program can provide a range of services including individual consultations on the following topics: Family Law, Bankruptcy, Landlord/Tenant, Elder Law, and Expungement. **Day & evening phone consultations available.** Free, virtual seminars are hosted by volunteer attorneys about Family Law, Bankruptcy, Landlord-Tenant issues, and other topics through the Journey Family Success Center.



"Without Project Self-Sufficiency, I wouldn't have the confidence or the ability to grow my business and move forward in my profession as I get older."

Project Self-Sufficiency Participant Robert

Congrats to Our Graduates!



Keeping Families Together

Keeping Families Together is a supportive housing program providing housing vouchers, case management and clinical services in Sussex and Morris counties.

We are looking for prospective landlords to partner with us!

Benefits for Landlords

- ⇒ Staff Available by Phone 24/7
- ⇒ Consistent On-Time Rent Payments
- ⇒ Risk Mitigation
- ⇒ Reduced Vacancy
- ⇒ Long-term (5 Year) Housing Vouchers
- ⇒ Education and Support for Families to Become Successful Tenants



Warren County Activities

Programs and Services available in Warren County!

Home Visitation Programs

Nurse Family Partnership ... Low-income, first-time mothers are paired with a nurse who visits them throughout the pregnancy and up until the child's second birthday.

Healthy Families Program ... For expectant parents and parents of infants. Participation in this program can count toward Work First New Jersey required activities.

Connecting NJ at PSS

Connecting NJ at Project Self-Sufficiency links individuals and families to the help they need.

"Triple P" Parenting Program

Virtual and in-person parenting classes and support groups teach practical strategies, reduce stress, and boost confidence.

Mommy Parties in Hackettstown

Mothers and children can enjoy crafts, lunch, and activities onboard PSS Journey in Hackettstown while picking up tips for parenting, health, and wellness.

Childcare & Preschool at Little Sprouts

Join Our Little Sprouts Family!

Looking for high quality childcare or preschool for your child? Be sure to check out the [Little Sprouts Early Learning Center!](#) Fully-staffed, state-of-the-art facility, certified teachers in each classroom, two separate playgrounds, half-day and full-day programs available. Subsidized assistance available to eligible families. All safety protocols taken in accordance with the guidelines provided by the State of New Jersey. Free preschool for Newton, NJ, residents, ages 3 - 4.

Take a virtual tour on our website and be sure to **check out our YouTube channel!** Call 973-940-3540 to arrange a tour!



What's Happening at Project Self-Sufficiency

Courses and activities are free and available to active Project Self-Sufficiency participants. **Contact Project Self-Sufficiency for log-in information.**

Links for Success—*in Person*

Mondays, 12:00 p.m.
July 1, 8, 15, 22, 29; August 5, 12, 19, 26
Thursdays, 1:00 p.m.
July 11, 18, 25; August 1, 8, 22, 29

Career Foundations—*in Person*

Tuesdays & Thursdays, 10:00 a.m.—noon
July Session One
July 9, 11, 16, 18
July Session Two
July 23, 25, 30, August 1
August Session One
August 6, 8, 13
August Session Two
August 20, 22, 27, 29

Foundations for Personal Success—*in Person*

Tuesdays & Thursdays, 1:00—3:00 p.m.
July Session One
July 9, 11, 16, 18
July Session Two
July 23, 25, 30, August 1
August Session One
August 6, 8, 13
August Session Two
August 20, 22, 27, 29

Open Lab & Campus 2 Campus—*Via Zoom or in person*

Mondays & Wednesdays, 2:00—4:00 p.m.
July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31;
August 5, 7, 12, 14, 19, 21, 26, 28
Or by appointment

Computer Classes

Microsoft PowerPoint & Outlook—*In Person*
Tuesdays & Thursdays, 10:00 a.m.—Noon
July 9, 11, 16, 18, 23, 25, 30

Microsoft Word—*In Person*

Tuesdays & Thursdays, 10:00 a.m.—Noon
August 6, 8, 13, 20, 22, 27, 29

Resumes & Cover Letters

Mondays, 1:00 p.m.—*In Person or Zoom*
July 1, 8, 15, 22, 29; August 5, 12, 19, 26

Job Searching

Tuesdays, 1:00 p.m.—*In Person or Zoom*
July 2, 9, 16, 23, 30; August 6, 13, 20, 27

Job Club/Workforce Wednesday—*In Person or Zoom*

Wednesdays, 1:00 p.m.
July 3, 10, 17, 24, 31; August 7, 14, 21, 28

Networking & Social Media

Thursdays, 1:00 p.m.—*In Person or Zoom*
July 11, 18, 25; August 1, 8, 22, 29

Financial Management

Fridays, 11:00 a.m.—*In Person or Zoom*
July 12, 19, 26; August 2, 9, 16, 23, 30

Testing

CASAS, Work Readiness, Accuplacer
Fridays, 9:30 a.m.—12:30 p.m.
July 12, 19, 26; August 2, 9, 16, 23, 30

New Jersey Youth Corps

Monday—Friday, 10:00 a.m.—4:30 p.m.
Register now for the July session!

Bridges

Tuesdays & Thursdays, 10:00 a.m.—noon
July 2, 9, 11, 16, 18, 23, 25, 30;
August 1, 6, 8, 13, 20, 22, 27, 29

Summer Office Skills

Tuesdays & Thursdays,
July 9—August 29, 9:30am—3pm
Contact Your Case Manager to Apply!

Mommy Parties

July 10 & August 14, **noon @PSS**
July 30 & August 13, **noon in Hackettstown**

Legal Seminars—*Via Zoom*

Thursdays, 7:00 p.m.
Family Law, July 18
Bankruptcy, August 22

Adverse Childhood Experiences

Connections Matter
English—*Via Zoom*
Tuesday, July 16, 2:00 p.m.
Español—*a través de Zoom*
Miércoles, 17 de Julio, 2:00 p.m.

Understanding ACEs—*Via Zoom*

Wednesday, 2:00 p.m.
July 31

Enough Abuse Workshops—*Via Zoom*

Wednesday, 3:00 p.m.
July 24 & August 28

Project Sussex Kids

Steering Committee Meeting & PACES
Stakeholder Group Meeting
Thursday, July 11, 11:00 a.m.
General Council Meeting
Wednesday, September 18, 11:00 a.m.

Car Seat Safety Presentation

Wednesday, July 10th, 10am—2pm

Back-to-School Fair

Thursday, August 15,
10:00 a.m.—2:00 p.m. & 3:00—7:00 p.m.

ACT Parenting Classes—*Via Zoom*

Tuesdays, 6:00 p.m.
Through August 13

Triple P Parenting Program

Power of Positive Parenting
July 11, 5:00 p.m.

Raising Resilient Children
July 18, 5:00 p.m.

Raising Confident, Competent Children
July 25, 5:00 p.m.

Parenting Discussion Groups

Hassle Free Shopping with Children

August 8, 5:00 p.m.—*In Person*
August 13, 7:00 p.m.—*Via Zoom*

Dealing with Disobedience

July 2, 7:00 p.m.—*Via Zoom*

August 22, 5:00 p.m.—*In Person*

Getting Teenagers to Cooperate

July 9, 7:00 p.m.—*Via Zoom*

Managing Fighting & Aggression

July 16, 7:00 p.m.—*Via Zoom*

Reducing Family Conflict with Teens

July 23, 7:00 p.m.—*Via Zoom*

Hassle Free Mealtimes with Children

July 30, 7:00 p.m.—*Via Zoom*

August 29, 5:00 p.m.—*In Person*

Coping with Teenagers' Emotions

August 6, 7:00 p.m.—*Via Zoom*

Building Teenagers' Survival Skills/Risk

Reduction Strategies

August 20, 7:00 p.m.—*Via Zoom*

Developing Good Bedtime Routines

September 4, 5:00 p.m.

Family Success Center

Motivation Monday—*Via Zoom*

Mondays, 2:00 p.m.

July 1, 8, 15, 22, 29; August 5, 12, 19, 26

Women's Support Group—*Via Zoom*

Mondays, 7:00 p.m.

July 1, 15; August 5, 19

Parent Support Group—*Via Zoom*

Wednesdays, 7:00 p.m.

July 10, 24; August 14, 28

Breast Cancer Support Group—*Via Zoom*

Tuesdays, 2:00 p.m.

July 9 & August 13

Father's Support Group—*In Person*

Tuesdays, 6:00 p.m.

August 6, 8, 13, 15, 20, 22, 27, 29

Ages & Stages Information Session—*Via Zoom*

Thursdays, 3:00 p.m.

July 18 & August 29

Health Equity Presentation—*Via Zoom*

Thursdays, 3:00 p.m.

July 11 & August 22

Enjoy the Summer!

Project Self-Sufficiency Events, August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Journey at the Fair	5 Journey at the Fair NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	6 Journey at the Fair SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm Fathers' Support Group, 6pm ACT Parenting Classes, 6pm Coping with Teenagers' Emotions, 7pm	7 Journey at the Fair NJYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm	8 Journey at the Fair SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Hassle-Free Shopping with Children, 5pm	9 Journey at the Fair Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am
11	12 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm	13 Journey in Hackettstown, 9:30am—3:30pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Mommy Party, noon—2pm, Hackettstown Job Searching 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm Fathers' Support Group, 6pm ACT Parenting Classes, 6pm Hassle-Free Shopping with Children, 7pm	14 Journey in Hopatcong, 10am—2pm NJYC, 10am—4:30pm Mommy Party, noon, PSS Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Parents' Support Group, 7pm	15 Journey in Franklin, 10am—2pm Back-to-School Fair, 10am—2pm & 3—7pm NJYC, 10am—4:30pm	16 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am
18	19 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	20 Journey in Netcong, 10am—2pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm Fathers' Support Group, 6pm Building Teenagers' Survival Skills, 7pm	21 Journey in Vernon, 10am—2pm NJYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm	22 SOS, 9:30am—3pm NJYC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm Dealing with Disobedience, 5pm Bankruptcy, 7pm	23 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am
25	26 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm	27 Journey in Hackettstown, 9:30am—3:30pm SOS, 9:30am—3pm Bridges, 10am—noon NJYC, 10am—4:30pm Career Foundations, 10am—noon Word 10am—noon Job Searching 1pm Foundations, 1—3pm Fathers' Support Group, 6pm	28 Journey in Hopatcong, 10am—2pm NJYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Enough Abuse, 3pm Parents' Support Group, 7pm	29 Journey in Franklin, 10am—2pm SOS, 9:30am—3pm NJYC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Ages & Stages, 3pm Hassle-Free Mealtimes with Children, 5pm	30 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am
					31 Journey at the Fair

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